



# Antioxidants: Natural Defense Against Oxidative Stress (Woodland Health)

*MPH Barbara Wexler*

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## **Antioxidants: Natural Defense Against Oxidative Stress (Woodland Health)** MPH Barbara Wexler

Surprisingly, one of the most essential elements for human life-oxygen-is also responsible for cellular deterioration, aging, and many diseases. But nature has provided substances in our food called antioxidants to help keep oxygen from damaging cells and causing disease. Many antioxidants can be found in fresh fruits and vegetables, and vitamins A, C, and E are familiar types. In this helpful booklet, noted epidemiologist Barbara Wexler, MPH, further explains the process of oxidative stress in the body, discusses many different types of antioxidants and their sources, and explains how you can increase your antioxidant intake for a healthier life.

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